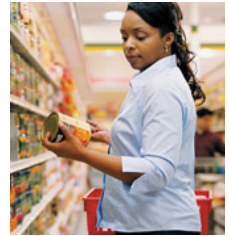




Let's Get Healthy Together

FREE adult nutrition classes from Rutgers University to help you and your whole family eat better and get active on a budget



- Get together with other parents
- See some great recipes!

RUTGERS
New Jersey Agricultural
Experiment Station
■ Cooperative Extension

- Learn how to have fun keeping the whole family healthy!

Location:

Secaucus Public Library
1379 Paterson Plank Rd.
Secaucus, NJ
Panasonic Rm.
(2nd Floor)

Time: 6:00 PM- 7:00 PM

Dates: 6/7, 6/14, 6/21, 6/28,
7/5, 7/12, 7/19, & 7/26

**Register on the library
calendar @:**

secaucuslibrary.org